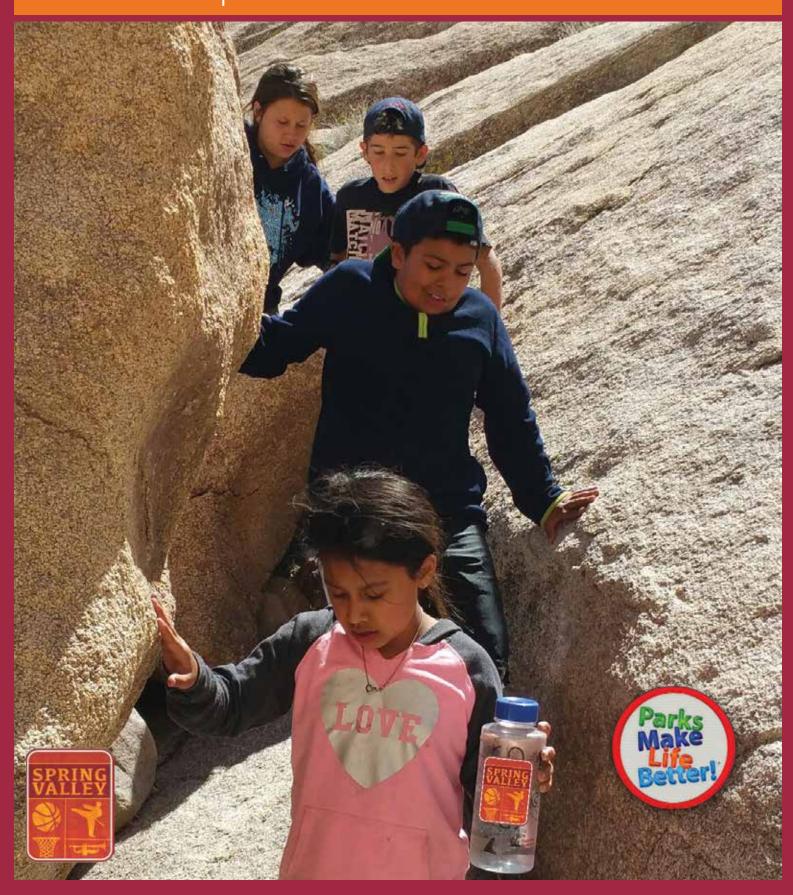


SPRING VALLEY RECREATION

ACTIVITY & PROGRAM GUIDE



SPRING VALLEY SPORTS ORGANIZATIONS

AYS0

Scott Cross

www.ayso258.org

619-335-6631

California Soccer League

Ricky Franchi

619-741-4877 or 619-741-4897

rickyri@pacbell.net

californiasoccerleague.com

Calvary Christian Academy

Dave Riley 619-591-2260

www.ccaknights.com

Los Torros Bulls Youth Football & Cheer

Tracie Egbert 619-916-6452

lostorosbulls.com

Spring Valley Little League

Hope Bedsole 619-819-7550

hope.bedsole@zionsbancorp.com www.eteamz.com/springvalleylittleleague

Valley De Oro Little League

Mike Chism 619-778-9833

mike@ces-ca.com

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NEIGHBORHOOD PARKS

SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Boulevard Spring Valley, CA 91977

619-479-1832 for information and registration 619-479-1883 fax Register online at www.sdparks.org

HOURS OF OPERATION

Monday - 9:00 am - 4:00 pm Tuesday, Wednesday & Thursday - 10:00 am - 8:00 pm Friday - 9:00 am - 5:00 pm Saturday & Sunday (private events only)

HOLIDAY CLOSURES

July 4, Independence Day September 7, Labor Day

SPRING VALLEY GYM

838 Kempton Street Spring Valley, CA 91977 619-667-6833 www.springvalleysports.com

HOURS OF OPERATION

Monday - Friday 10:00 am - 6:00 pm

REC CLUB

838 Kempton Street Spring Valley, CA 91977 619-667-6835

HOURS OF OPERATION

Monday - Friday 1:00 am - 5:00 pm

BOARD OF SUPERVISORS

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3

Chief Administrative Officer Helen N. Robbins – Meyer

Department Director Brian Albright Ron Roberts, District 4 Bill Horn, District 5





Look for the **Live Well San Diego** logo throughout the program guide for classes that have a health and wellness benefit for the participant.



Free evening movies all summer for the whole family...

2015 Summer Movies in the Park

Friday, June 19: Teenage Mutant Ninja Turtles (2014) Rated PG-13

Friday, July 17: Big Hero 6 Rated PG

Friday, August 21: Cinderella Rated PG

Movies will begin at dusk.

Location:

Spring Valley County Park 8735 Jamacha Boulevard Spring Valley - 619-479-1832 Looking for a fun, free, and fabulous family activity in your neighborhood?

Summer Movies in the Park is a perfect chance to relax and enjoy a safe and special night under the stars.

Come early and get a good seat!

Sponsored by:





















Produced by:



For full series schedule and select movie trailers, visit:

www.SummerMoviesinthePark.com













SPRING VALLEY COMMUNITY CENTER

June 22 – August 14 Monday – Friday 7:00 am – 6:00 pm Ages 5 – 12

Enjoy eight weeks of fun during summer break.
Summer camp consists of games, crafts, field trips, special events and much more.

Register Now!

SUMMER CAMP FEES

Camp Rabbit (ages 6-9)
Camp Road Runner (ages 10-12)

Weekly Rate \$92 per week, per child Daily Rate \$33 per day, per child

SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Blvd. Spring Valley, CA 91977

For more information, call 619-479-1832 or register online at www.sdparks.org

This event/activity is not District sponsored.







BALLET FOLKLORICO - BEGINNING

Date Thursdays, July 2 - August 27 (ongoing)

Thursdays, September 3 - October 29 (ongoing)

Time 5:30 pm - 6:15 pm

Ages 3 years & up

Fee \$65



Come enjoy a true cultural dance experience for males and females of all ages. Kathy brings over 35 years of dance performing and teaching to this class. Students have many performances throughout the year, including Old Town and the Del Mar Fair.

BALLET FOLKLORICO - INTERMEDIATE/ADVANCED

Date Thursdays, July 2 - August 27 (ongoing)

Thursdays, September 3 - October 29 (ongoing)

Time 6:15 pm - 7:00 pm

Ages 5 years & up

Fee \$65



Come enjoy a true cultural dance experience for males and females of all ages. Kathy brings over 35 years of dance performing and teaching to this class. Students have many performances throughout the year, including Old Town and the Del Mar Fair. Additionally, students in this class have the opportunity to learn and perform over 16 more dances. Instructor advances each student accordingly.



BALLET FOLKLORICO

TINY TOTS MOVIE MATINEE

Date Wednesday, August 26 Time 3:30 pm - 5:00 pm

Ages 2 – 5 years

Fee \$3 (include popcorn & drink)

Movie fun for the whole family.

KARAOKE

Date Friday, August 28 Time 3:30 pm - 4:30 pm

Ages 6 years & up (Parent and child)

Fee \$5

So, do you think you've got talent? Come on out to sing and dance! The stage is all yours!

BEGINNING TENNIS

Date Saturdays, June 27 – August 15

Mount Miguel High School-Tennis Court

Time 10:00 am - 11:00 am

Ages 6 - 10 years

Fee \$75 Class Limit 5-16

Instructor Your Court Tennis

Class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water for yourself.

INTERMEDIATE TENNIS

Date Saturdays, June 27 – August 15

Mount Miguel High School-Tennis Court

Time 11:30 am - 12:30 pm

Ages 11 - 14 years

Fee \$75 Class Limit 5-16

Instructor Your Court Tennis

In the intermediate tennis class your child will enhance their hand eye coordination, court awareness, and physical fitness. They will learn proper grip, stroke mechanics and lean how to move with the racquet. Games and prizes will be used to ensure a fun tennis experience. Bring one can of balls to the first class and bring water for yourself.



ADULT HEALTH & WELLNESS

URBAN SOUL LINE DANCE

Date Thursdays, June 4 – June 25 (ongoing)

Thursdays, July 2 - July 30 (ongoing)

Thursdays, August 6 - August 27 (ongoing)

Time 1:00 pm - 2:30 pm

Ages 18 years & up

Fee \$30

Ladies and Gentlemen come ready to have fun learning dances and making new friends. The goal is to have adults and seniors dancing at the various park concerts and festival venues throughout San Diego. Dress attire: sweat pants, jeans, workout clothing, and comfortable shoes. Bring a refillable water bottle.

SENIOR CORE CONDITIONING

Date Tuesdays, June 23 - August 11

Time 10:00 am - 10:50 am

Ages 50 years & up

Fee \$40

This is a playful yet rewarding fitness class that includes a gentle blend of various exercises designed to improve flexibility, strength, balance, stamina and breathing exercises. You're guaranteed to feel like a kid again! The focus is on safety and injury prevention, while building overall fitness and strength.

Please bring a yoga mat and water bottle.

ZUMBA WITH MARISOL

Date Wednesdays, July 1 - August 26 (ongoing)

Wednesdays, September 2 - October 28 (ongoing)

Times 7:15 pm - 8:00 pm

Ages 12 years & up

Fee \$36 Class Limit 6-20

Zumba is the Latin inspired, easy to follow calorie burning, feel it to the core, fitness party! You will get a marvelous workout and condition all muscles while having fun. Feel the music, feel the fitness!



LIFELONG LEARNING

DOG OBEDIENCE

Date Saturdays, June 27 - August 1

Times 9:00 am - 10:00 am

Fee \$70

Instructor Castle Creek Kennels

*Sponsored by Bahia del Sur Kennel Club

This class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed include a 6 foot choker and 20 foot leash. Pet owners must provide proof of current rabies and vaccination records for each dog.

OPEN COMPUTER LAB

Date Monday - Friday, January 5 - June 26

Closed: January 19, February 16, March 31,

& May 5

Times 12:00 pm - 3:00 pm

Fee Free

All participants must complete a "SVCC Internet and Computer User Agreement Form" at the front office. Time for open lab is subject to change.



URBAN SOUL LINE DANCE

SENIOR PROGRAMS

CATERED ADULT LUNCHES

Date Monday - Friday (ongoing)

Times 9:45 am - 1:00 pm

Fee Suggested Donation of \$3.50

\$6.00 for ages under 60

Meet new friends and enjoy nutritionally balanced meals. All reservations must be made by 12:00 pm at least 7 days in advance. For information or reservations, call (619) 337-1425, Monday through Friday.

BINGO

Date Mondays & Thursdays, (ongoing)

Times 10:30 am Fee Free

Have some fun and enjoy a game of Bingo with friends! Bingo is available to all retired citizens.

LEGAL AID

Date 2nd Monday of each month (ongoing)

Times Call for an appointment

Fee Free

Please call ahead of time to book your appointment at (619) 447-7921.

SING-A-LONG

Date Every Wednesday (ongoing)

Times 10:30 am - 11:15 am

Fee Free

This is a very entertaining and therapeutic class to get your feet tapping while enjoying the company of others. Enjoy music from yesterday and today while sipping a cup of tea or cookie.

SENIOR MOVIE MATINEE

Date Wednesday, August 19

Times 12:00 - 2:00 pm

Fee Free

Join us after the senior lunch program for a free movie and social gathering. All are welcome to come and enjoy a classic film with free popcorn and friends.



SENIOR PROGRAM

SPRING VALLEY COMMUNITY CENTER RENTAL INFORMATION

Weddings | Birthdays | Anniversaries | Banquets | Baby Showers | Baptisms

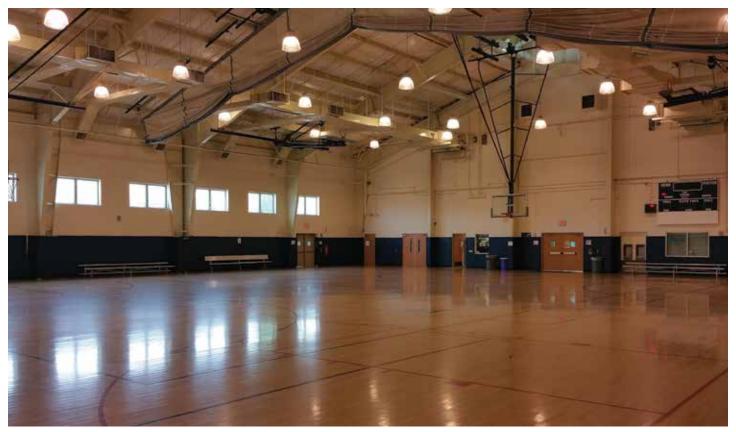
Room	Square Footage	Capacity	Private/Commercial Function	Non-Profit/Ongoing Rentals	Refundable Deposit	Table & Chair Rental Fee
* Ketell Hall Fri, Sat, Sun Only	3952	250	\$500/4 hours \$90/each additional hour	\$400/4 hours \$80/each additional hour	\$300	\$50
Kitchen (flat rate)	n/a	n/a	\$105	n/a	n/a	n/a
* Olsen Room	1294	78	\$55/hour	\$40/hour	\$100	\$25
Patio Lounge	2300	160	\$30/hour	\$25/hour	n/a	n/a

Equipment Available: 27 Round Tables, 29 Long Tables, 317 Chairs, Ice, Easel, Screen, Stage, and Patio.

* 4 hour minimum, plus security.



SPRING VALLEY COMMUNITY CENTER - KETELL HALL



SPRING VALLEY GYMNASIUM

SPRING VALLEY GYMNASIUM RENTAL

838 Kempton Street | Spring Valley, CA 91977

The Spring Valley Gymnasium is a 15,860-square-foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps. All requests for gym rentals must be made 30-days or more in advance to be considered. If you are renting for a tournament, a \$250 deposit is due immediately and balance is due by Friday at 5 pm before the tournament, along with a copy of your liability insurance.

Date	Usage	Price	Available Times
Mon. – Fri.	Half Gym (1 Court)	\$50/hour	3:30 pm – 9:00 pm
Mon. – Fri.	Full Gym (2 Courts)	\$100/hour	3:30 pm – 9:00 pm
Sat. – Sun.	Half Day (2 Courts) (4-5.5 hours)	\$400/day	8:00 am – 10:00 pm (4 hour min)
Sat. – Sun.	Full Day (2 Courts) (6+ hours)	\$550/day	8:00 am – 10:00 pm (4 hour min)
Concession Fee	n/a	\$25/day	n/a

SPORTS PROGRAMS WWW.SDPARKS.ORG

SPRING VALLEY GYMNASIUM

838 Kempton Street | Spring Valley, CA 91977 | 619-667-6833

HOURS OF OPERATION

Monday - Friday 10:00 am - 6:00 pm



OPEN PLAY

Date Monday – Friday Continuously
Time Monday, Wednesday, Thursday and

Friday 3:30 pm - 5:00 pm; Tuesday 2:30 pm-5:00 pm Times may vary so please call ahead of time.

Ages All Ages (those under 10 years old must

be accompanied by a parent/guardian)

Fee Free for ages 17 and under

\$1/day or \$5/month or \$20/year for adults

Open gym is designed to provide all Spring Valley residents opportunities to shoot around and play games after school or work. Please wear appropriate athletic shoes and clothing. A photo ID is required to check out a basketball.

YOUTH SUMMER BASKETBALL LEAGUE

Date Registration: April 30th - June 4th

Games begin: June 13th

Time Practices Monday-Friday after 5:30 pm,

Games Saturday

Ages 5 - 13 years Fee \$55 per child

All skill and experience levels are welcome in this fun Youth Basketball Coed league! Players are required to attend the skills assessment before the season starts. The skills assessment is schedule for June 6, 2015. Practices are on weeknights. All games will take place on Saturday. This is a 6 game session, no playoffs. Volunteer coaches are needed, so please contact Spring Valley Gym staff in advance.



MEN'S BASKETBALL LEAGUE

Date July 9th
Days Thursdays

Time 6:30, 7:30, and 8:30 pm

Ages Open Division (18+) 35 and over Division (35+)

Fee \$325 registration (\$275 early bird

registration)

Be a part of this increasingly popular men's basketball league, which is considered one of the best in the San Diego area!

Come join the 18 and older open division or the 35 and over division. Both divisions are limited to 8 teams. Each season consist of 8 games. Top four teams advance to the playoffs. Standing and stats are kept and displayed on our league website at www.springvalleysports.com. Team registration forms and league rules are also available on the website, or by calling the Spring Valley Gymnasium at 619-667-6833. Space is limited sign up now!



SPRING VALLEY GYMNASIUM



YOUTH VOLLEYBALL SKILLS

YOUTH VOLLEYBALL SKILLS CLASS

Date Registration: May 4th – June 1st June 10th & 11th – July 15th & 16th

Day Wednesday and Thursday

Time 4:30 pm - 5:30 pm

Age 5 - 13 years Fee \$30.00



Are you interested in improving your volleyball skills? Come join our volleyball skills class where we focus on developing basic fundamentals. The fundamentals covered in the 6 week class are the following: serving, passing, hitting and blocking. This six week class is designed to improve or teach you skills to succeed in volleyball. This class will meet every Wednesday and Thursday for six weeks.

PEE WEE SPORTS CLASS

Date Registration: May 4th – June 1st

June 10th & 11th - July 15th & 16th

Day *Wednesday*Time 3:30 pm - 4:15 pm
Age 3.5 - 5 years
Fee \$30.00

Pee Wee Sports Class is designed for younger athletes' ages $3\frac{1}{2} - 5$ years old. The Pee Wee Sports Class will introduce young athletes to the following sports: soccer, basketball, and baseball. The focus of this class is to improve basic motor skills as well as building confidence and social skills. Come join the fun today! This class will meet every Wednesday for six weeks.

YOUTH GOLF SKILLS CLASS

Date Registration: May 4th - June 1st

June 11th - July 16th

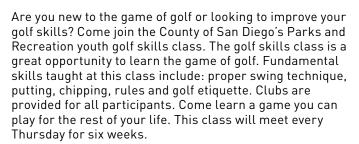
Day Thursdays

Time 4:30 pm - 5:30 pm

Age 8 - 13 years Fee \$30.00

Location Spring Valley Gym

(La Presa Middle School Field)





TEEN CENTER WWW.SDPARKS.ORG

SPRING VALLEY REC CLUB

838 Kempton Street | Spring Valley, CA 91977 | 619-667-6835

HOURS OF OPERATION

Date Monday - Friday Time 1:00 pm - 5:00 pm

Ages 10 – 17 years Free Teen Center

Cost Free

The Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, and positive environment. The club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and educational activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. Weekly activities include arts and crafts, homework assistance, leadership groups, team building initiatives, dance, fitness, cooking classes, a recording studio for music enthusiasts, and gardening classes.

WEEKLY ACTIVITIES

- Arts & Crafts
- Tuesday and Thursday Field Trips
- Sports and Fitness Activities
- Community Service Projects
- Guitar and DJ Classes
- Outdoor Cooking Class
- Gardening
- Special Interest Clubs

Call (619) 667-6835 for more information on any of our programs. Field trips through the Summer with dates To Be Determined include: Boomers, fishing, Lasertag, beach day trips, Solid Rock Climbing gym, and horseback riding. All activities including trips are free to REC Club members.

ENERGY SAVING ADVENTURES (ESA)

Date Monday - Friday Time 3:00 pm - 5:00 pm

Fee Free



Energy Saving Adventures (ESA) is the new REC Club perspective of taking charge of our future through resource conservation. The daily after school program inspires and empowers youth to create change in the world around them. Through films, tournaments, experiments, and field trips, each day, teens tackle important concepts through an Energy Saving Adventure.



TEEN CENTER



JOSHUA TREE TRIP

RECXPLORERS

Date Monday - Friday Time 3:00 pm - 5:00 pm

Fee Free

RECXplorers is an outdoor adventure program which is focused on developing an appreciation for the outdoors and an ethic of environmental stewardship. Through engaging in outdoor adventures like hiking, surfing and rock climbing REC Club members will learn about nature in an exciting environment that will help to reinforce lessons based on California Next Generation Science Standards.

KAYAK CAMP

Date June 27 - 28 Time 8:00 am - 3:00 pm

Fee Free

Location Lake Morena County Park

This Spring Valley REC Club campout will be 2 days and 1 night at the County of San Diego's Lake Morena Campground. Participants will get to kayak in the lake on Saturday and also learn about some of the different plants used by Native Americans in the area, how the park is integrated into the San Diego Watershed and adaptations of animals and plants in the area. Kayak lessons will be at the beginner level for all riders and will be provided by REC Club staff. The REC Club provides transportation to and from the campground as well as meals for participants. All RECXplorers

outdoor adventure programs are free to members of the REC Club. Permission slips are available one week prior to each trip.



REC SURF DAYS

Date June 30, July 7, July 14 Time 8:00 am - 3:00 pm

Fee Free

Location Coronado Beach



The Spring Valley REC Club offers 3 opportunities for members of the program to learn how to surf at Coronado Beach. Participants also learn about the beach environment, how to identify natural hazards like rip currents, cycles and interrelationships that affect surfing, and how the beach is integrated into the San Diego Watershed. Surf lessons will be at the beginner level for all riders and will be provided by REC Club staff. The REC Club provides transportation to and from the beach as well as lunch for participants. All RECXplorers outdoor adventure programs are free to members of the REC Club. Permission slips are available one week prior to each trip.



REC SURF DAYS



SWEETWATER LANE SPORTS COMPLEX

SWEETWATER LANE SPORTS COMPLEX

The 11-acre Sweetwater Lane Sports Complex consists of artificial turf fields which accommodate multiple football and soccer fields. There are four baseball/softball fields with bleacher seating. The fields have lighting for evening leagues. The complex also has a concession stand, exercise stations, a half-mile exercise track, and a children's playground for ages 5-12.

It is required that all organized leagues/teams obtain written authorization from the Department of Parks and Recreation prior to using the ball fields for practice or games. Fields may be reserved between the hours of 8:00 am and 10:00 pm. For more information on the field allocation process, please contact the Spring Valley Gymnasium office at 619-667-6833.

Group Type	Fields	Lights	Concession Stand	
B – youth recreational, volunteer based organizations	\$0/hour, per field	\$20/hour, per field	\$400/month	
C – youth competitive teams/ leagues	\$15/hour, per field	\$20/hour, per field	\$400/month	
D – adult sports organizations, camps and clinics for youth or adults	\$25/hour, per field	\$20/hour, per field	\$400/month	

NEIGHBORHOOD PARKS

SPRING VALLEY COUNTY PARK

Spring Valley County Park is the recreational center of the Spring Valley community, with its family and picnic areas, pavilion, playgrounds, exercise walkway, and basketball court. A fitness walk features 7 physical fitness stations and the walkway equals to 1 mile lap that overlook the mountains, no-cost workout for park visitors. In order to bring a moon bounce into the park, you must reserve the pavilion.

To rent out the pavilion (maximum 50 people) for birthday parties or other special events please call (619) 479-1832. Visit www.sdparks.org for more information.

LAMAR COUNTY PARK

This 8-acre neighborhood park contains a playground for children ages 2 to 5, a pavilion, picnic tables, lawn areas, barbecues, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are not allowed in the park. Visit www.sdparks.org for more information.

EUCALYPTUS COUNTY PARK

This 6-acre neighborhood park offers a playground, pavilion, picnic tables, lawn areas, horseshoe pits, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are allowed in the park with a permit.

Please call (858) 565-3600 to obtain a moon bounce permit. For additional information, please visit www.sdparks.org.

GOODLAND ACRES COUNTY PARK

This 1.3-acre neighborhood park offers a playground, basketball courts, picnic tables, lawn areas, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are not allowed in the park. For additional information, please visit www.sdparks.org.

BANCROFT ROCK HOUSE HISTORICAL SITE

This rock house was used as a school house, a guest house, and a fire-safe storage building for part of Bancroft's extensive transcripts and book collection. Built between 1885 and 1888, the Bancroft Rock House is named for Hubert Howe Bancroft, a wealthy writer, editor and publisher of history books. The Bancroft Rock House is currently listed as a County of San Diego Historic Landmark.



LAMAR PARK

SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Boulevard Spring Valley, CA 91977 PRSRT STD ECRWSS US POSTAGE PAID SAN DIEGO, CA PERMIT NO. 571

POSTAL RESIDENT

SPRING VALLEY COMMUNITY ACTIVITY & PROGRAM GUIDE

WWW.SDPARKS.ORG



Spring Valley Recreation

The Spring Valley Community Activity and Program Guide is published three times a year.

Copies may be downloaded from www.sdparks.org.





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Brian Albright

Department of Parks and Recreation

5500 Overland Avenue, Suite 410 San Diego, California 92123 858-694-3030